

**Mark A. Atkinson**

DISTRICT REPRESENTATIVE

**American Numismatic Association**

LIFE MEMBER 3284

PHONE

April 18, 1984

Nancy W. Green  
National Coin Week 1984  
P.O. Box 2366  
Colorado Springs, Colorado 80901

Nancy Green:

Enclosed is my local coin club's newspaper article for National Coin Week. It appeared in the Sunday morning paper April 15, the same day as our club's annual spring coin show which was held at the Parkersburg Holiday Inn April 14 & 15, 1984.

Club members responsible for the article were: Bill Beam, Stan Chips, George Hawes, and Tim Miller. I think they did a very good job!

I personally set up a ANA information table at the show and passed out a good bit of membership information along with free copies of The Numismatist. I think the table was a great success.

If I can be of any help next year for N.C.W. please don't hesitate to ask.

Sincerely



Mark A. Atkinson



LM 3284



Certificates of Participation.....

The Parkersburg Coin Culb

To the staff of "The Parkersburg News"

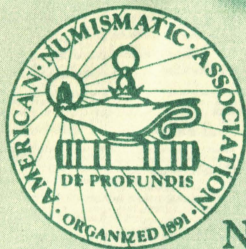
Bill Beam

Stan Chips

George Hawes

Tim Miller





# FINAL REPORT

NATIONAL COIN WEEK • APRIL 15 - 21, 1984

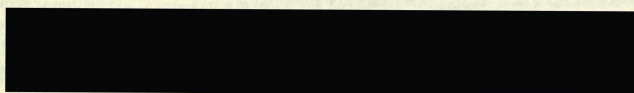
CLUB or INDIVIDUAL (in whose name report is submitted)

The Parkersburg Coin Club and Mark A. Atkinson

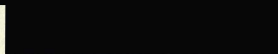
ANA Number C-28700 & LM 3284

Name, address and telephone number of individual submitting report:

Mark A. Atkinson



Telephone



## FINAL REPORT

Attach a report of educational activities conducted in observance of National Coin Week 1983. Supplement your report with documentation, such as press clippings, letters of acknowledgement, programs, bulletins and photographs. The quality of your presentation and documentation will be considered when reports are chosen for publication in THE NUMISMATIST. Large, elaborate reports are discouraged, but reports in scrapbook form are quite suitable and should be considered.

New ANA members recruited during your National Coin Week campaign should be listed on the reverse of this form.

## CERTIFICATES OF PARTICIPATION

Certificates will be provided to clubs and individuals submitting FINAL REPORTS and to the individuals and organizations designated by them. Your report should include a printed or typewritten list of club members, institutions and other individuals whose support contributed significantly to the success of your local National Coin Week campaign. Certificates will be sent to the above address for distribution.

All FINAL REPORTS should be sent First Class Mail, postmarked on or before May 25, 1984, to

Nancy W. Green  
National Coin Week 1984  
P.O. Box 2366  
Colorado Springs, CO 80901

**A Foundation for Friendship**





**30 PIECES OF SILVER** — This silver shekel, minted in 97 B.C., could be one of the 30 pieces of silver paid to Judas Iscariot to deliver Jesus to His enemies. It is one of several ancient coins owned by Stan Chips. The coins were hand stamped resulting in the irregular shape.

# Coin Collectors Cash in on Club

By HAROLD HAWK  
Of The News Staff

There seems to be no really definitive reason people collect coins — even most veteran members of the Parkersburg Coin Club are hard put to explain exactly why they became fascinated with the hobby.

They all pretty much agree that an interest in American history and their own heritage and culture has a lot to do with it.

Coins are a physical record of given eras in history — American, world or ancient history, items still existing from those periods in civilization. Many are becoming rare, and searching for and/or finding these can be an extremely exciting and personally rewarding experience.

Probably about the only collectors who can give a definite answer as to why they collect are investors and dealers, who collect to sell for a profit.

True numismatists collect for the love of collecting, finding, showing, sharing, and owning coins, especially those which are hard to come by.

That's the main reason hobby collectors form clubs to share the excitement of rare finds, to buy, sell and trade coins and their collective knowledge of coins and coin collecting. It is more economical for collectors to buy, sell and trade among each other than to try to complete sets or obtain desired coins from dealers.

And, in many smaller cities or rural areas there are no dealers. That was the situation in the Parkersburg area in 1956 when the Parkersburg Coin Club was formed. The club is a non-profit organization with the objective of bringing collectors together for the exchanging of ideas, mutual hobby interests, and to encourage coin collecting.

There were no coin dealers in the Mid-Ohio Valley area at that time and the only club was in Marietta.

Many coin collectors from the Parkersburg area were members of the Marietta club, but decided that due to the necessary travel involved, they would start a club in Parkersburg. The original chartering group included 12 people, but the charter was held open for a period of time in order that new people attending meetings could become charter members. This resulted in approximately 34 charter members and the club has enjoyed steady growth, boasting a membership of 70 today.

What kinds of coins do collectors collect? Probably just about every type coin is collected by some numismatist someplace, some time. But some of the more popular include the Lincoln penny, Indian head penny, buffalo, "V" and Jefferson nickles, half dollars and silver dollars. Probably the "hottest" coin today is the silver dollar.

Some members of the Parkersburg club have also put together modest collections of paper money, but coins are king among collectors.

A few local club members find ancient coins fascinating and have limited collections of these, many of which are difficult to find and expensive to buy.

Typical of serious area collectors is Stanley Chips, Parkersburg, past club president, whose collection includes ancient, Colonial American and contemporary coins. Among his ancient coins is a silver shekel, which could be one of the 30 pieces of silver paid to Judas Iscariot to deliver Jesus to His enemies. This coin minted in the time of Jesus' ministry in the coastal city of Tyre was the only currency acceptable at the Jerusalem Temple at that time. Another ancient coin in his collection is a poor widow's mite, two of which Jesus observed the poor widow throw into the treasury. Smaller than a dime, two of the mites equaled a farthing at that time.

He also owns a set of Indian head pennies which has won awards at various coin shows. Indian pennies were minted from 1859 through 1909.

Probably one of the more unique collections among the members is an extensive collection of wooden nickles owned by Tim Miller, 4216 Jefferson Ave., current vice president of the club. The majority of these wooden nickles were manufactured to give to the public during the club's coin shows through the years. He has two complete sets from each of the local shows from 1964 through 1983. Although their monetary value is unknown, Miller takes great personal pride in the collection and said some day he may donate one set to a local museum. One set is displayed with backs showing, and the other set with the fronts visible to permit persons to view the collection without taking any of the items out of the display containers. In addition to the local "nickles," he has many from shows in various areas of the country, and people often contact him from far away places requesting a certain wooden nickle.

The reason behind the Parkersburg shows was basically the same as that for forming the club. The annual spring and fall shows are held to bring coin dealers from surrounding cities and states to the Parkersburg area to allow the coin collectors here a chance to be selective in their purchases without having to travel great distances. Although there were no coin dealers in Parkersburg when the shows were started, now there are three.

The 19th annual spring show ends today at the Holiday Inn, Route 50, and the 11th annual fall show will be held at the same location in November.

Miller, who has been coordinating shows in recent years, said dealer response to the shows has been excellent and said the club tries to limit the number dealers to 25. "We try to hold the number down to a point where there will be sufficient business for each to attract larger buyers," Miller said.

He said dealers are charged \$60 each for a table with this money going for rent, security guards and other expenses. "Tight security is necessary day and night during the two-day show, because there can be as much as \$1 million in coins there at a given time," Miller said. The show is open to the public where people have an opportunity to view coins they haven't seen for a while, or maybe not at all, a club officer said.

Club members come from all walks of life. Some began their collections as youngsters while some are still just getting into it.

Club member Bill Beam, 42, of Harrison Avenue, Parkersburg,

started his collection as a Boy Scout merit badge project at the age of 11. He put it away for 10 years or so until he became interested in the American coins he found in circulation in Europe when he was in the Army there.

Another member has an 1884 proof set (one coin of each denomination) which had a face value of about \$3.19 at that time. It is now worth about \$40,000 and was purchased by the local member from a dealer in 1978 as a retirement investment.

Very few collect foreign coins.

There are several Colonial and early American coins owned by club members. The Colonial coins, mostly copper, date back to the early 1700's and were hand struck, as were the ancient silver coins. For this reason they are often misshapen and lack uniformity. Chips has a Spanish silver dollar from which the Spanish pieces of eight were made. These coins were sliced into either two, four or eight pieces, hence — pieces of eight, and were the origin of the terms "two bits, four bits, six bits and a dollar." This coin is also hand struck.

There are unusual histories behind some coins, such as the "racketeer" nickle, a "V" nickle minted in the early 1800's which did not bear the word cents. The coin closely resembled a \$5 gold piece of that era and racketeers began collecting and gold plating the nickles, passing them off as \$5 gold pieces. A short time later the government added the word cents to the strike engraving, ending the problem.

There's a certain unique excitement about collecting coins, and it's fun, club members said.

And, you don't need a lot of money to get started. You can start with Jefferson nickles and amass a respectable collection that is a relatively inexpensive hobby venture, according to members.

But, you will need to learn something about the care and handling of coins as collectors' items, they emphasized. Through the years even experienced collectors have had problems keeping mint coins in mint condition due to a lack of adequate storage and display containers. Coins need to be sealed as nearly air tight as possible to prevent oxidation. They should also be kept out of direct light and they can be damaged by salts and body chemicals when handled with bare hands. Years ago, coins were kept in cellophane bags, but this permitted them to rub against each other resulting in surface damage. These were later replaced with plastic bags, but many types of plastics contain chemicals which can damage the coins. Temperature and humidity are also factors which must be controlled.

Most experienced collectors now keep coins in some type of albums such as the Capital holder, which is made partially of a form of plastic and is virtually air tight.

Members of the Parkersburg club virtually all keep their collections in bank safety deposit boxes, where they are not only safe from fire or theft, but a protected to a degree by controlled temperature and humidity, and lack of light.

Club members warn beginners that the biggest mistake they can make is to try to use home cleansers or other unprofessional methods of cleaning coins. "Valuable coins are often drastically decreased in value by someone trying to clean them using conventional household cleaning methods," Chips said. He noted that there are special solutions and other cleaning materials and techniques that professionals or experienced collectors use to clean or restore coins, exercising extreme care to minimize damage.

Even if you are not a hobby collector, club members suggest you get into the habit of checking the coins in your pocket every day. "You may find one that's a collector's item — they still show up once in a while in the daily coin traffic," they said.

If you're interested in learning more about the hobby, the club meets the second Thursday of each month at 6:30 p.m. at the Senior Citizen Center in Parkersburg, and you are invited.

Other current club officers are Ken Wyant, president; Duane DeWeese, secretary; and Tom May, treasurer.

## Parkersburg Coin Club is Celebrating NATIONAL COIN WEEK Sun. April 15 Thru April 21

The Parkersburg News

## Sunday Focus

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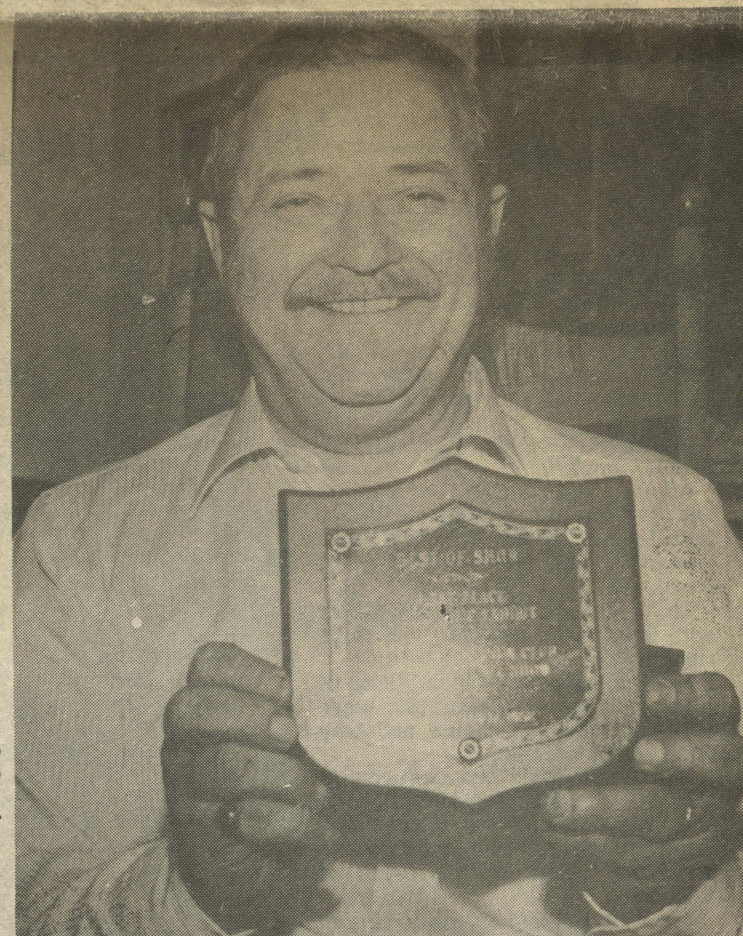
Sunday, April 15, 1984

Section V Page 1



**COIN SHOW SOUVENIRS** — Wooden nickles are given away to the public at most coin shows. Tim Miller, vice president of the Parkersburg Coin Club, has a collection of full sets from the

club's shows from 1964 through 1983. Miller also has wooden nickles from from shows in various parts of the country and often has inquiries to buy, sell or trade for the wooden mementoes.



**BEST OF SHOW AWARD** — Stanley Chips holds one of the best of show awards he has received at coin shows for his Indian head penny collection.



**TRADE PUBLICATION** — Coin dealers and collectors are served by the weekly publication Coin World which keeps them up to date on trends of the "trade." The classified ad section is a marketplace for buyers, traders, sellers -

professionals or hobbyists. Here Tim Miller, vice president of the Parkersburg Coin Club, left, and Stan Chips, past club president, browse the classifieds.

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**POPULAR COLLECTOR COIN** — Indian head pennies (minted from 1859 to 1909) are popular items with coin collectors. Pictured here are large wooden replicas of the penny, showing

the front and back of the coin. Several members of the Parkersburg Coin Club have Indian head collections. This replica set is owned by Stanley Chips, past club president.





Mr. and Mrs. Gary K. Sall

## Sall — Flinn

Kimberly Ann Flinn became the bride of Gary Keith Sall in an open church service held March 2 at the Grace Baptist Church. Ron Dillon officiated the service.

The bride is the daughter of Harold R. Flinn Sr. and Ruth Ann Flinn of Walker, W.Va. The groom is the son of Shirley and Edward Sall of 5510 Fourth Ave., Vienna.

Organist was Anna Roush.

Given in marriage by her father, the bride wore a floor length, long sleeve satin gown with a Queen Anne neckline.

She carried a bouquet of pink and white roses with forget-me-nots and pink ribbons with lovers knots.

Maid of honor was Gayle Munson of Dutch Ridge, Parkersburg. Bridesmaids were Sheryl Karr of Vienna.

Best man was David Sall of Vienna. Ushers were Gregg Sall of Vienna and David Anderson, also of Vienna.

A wedding reception was held at the church. Those assisting were Regina Jenkins, Freda Kerns, Bonnie Smith, and Kathy Bell.

The bride is a 1983 graduate of Parkersburg High School and is employed by Burger King.

The groom is a 1976 graduate of PHS and is employed by Wood County Board of Education.

After a wedding trip to Sawmill Creek, Huron, Ohio, the couple will reside in Vienna.



Mr. and Mrs. William J. Reynolds

## Reynolds — Baughman

Ellen Baughman became the bride of William Joseph Reynolds Jr. in a double-ring candlelight ceremony held at Emmanuel Baptist Church, Parkersburg. The Rev. John Keck officiated.

The bride is the daughter of Harry Lieberman of Parkersburg. The groom is the son of Mr. and Mrs. William J. Reynolds Sr. of Belpre.

Traditional wedding music was provided by Delores Matteson. The bride, given in marriage by her father and escorted to the altar by her father, wore a white silk and chiffon gown featuring a Queen Anne neckline with a pearl beaded bodice, and a full length skirt extending into a full length train with a pleated edge accented with lace. Her headpiece was accented with lace and pearls with a full length veil.

The bride carried a cascade bouquet of roses, gardenias, baby's breath and stephanotis with white lace streamers.

Matron of honor was Judy Levy of Fayetteville, Ga. Bridesmaids were Pam Harris of Parkersburg, Anna Hunt of Parkersburg, and Kelly Baughman of Belpre.

Best man was Jon Reynolds, brother of the groom. Groomsmen were Mike Levy and John Zoller.

Serving at the register were Barbara Morris and Connie Ice.

A reception was held at the church social room. Etc. Caterers served as hostesses.



Mr. and Mrs. Michael E. Wade

## Wade — Gilchrist

Teresa Jean Jones Gilchrist became the bride of Michael Ewell Wade in a double-ring ceremony held at the Camden Avenue Church of Christ. Evangelist Charles E. Pugh III officiated.

The bride is the eldest daughter of Mr. and Mrs. Gary R. Jones of Route 47, Kanawha, W.Va. The groom is the only son of Mr. and Mrs. Yancy E. Wade of Route 4, Parkersburg.

The bride, given in marriage by her parents, was escorted to the altar by her father.

Matron of honor was Mrs. Jeffrey "Dee Dee" Tracewell of Parkersburg.

Best man was Lewis Moyers of Route 4, Parkersburg.

Ushers were P. Anthony Montgomery of Harrisville, cousin of the bride, and Marion Goldsmith, cousin of the groom.

Flower girls were Jennifer and Jill

Gilchrist.

Guests were registered by Carrie Jones of Kanawha, sister of the bride.

A reception was held immediately following the ceremony at the church annex. Assisting were Robin Montgomery, Linda Layfield, both of Harrisville, and cousins of the bride and Becky Moyers of Parkersburg.

The bride is a 1977 graduate of Parkersburg High School and attended Parkersburg Community College. She is employed as an Accounting Clerk by Borden's Inc.

The groom is a 1966 graduate of Parkersburg High School, attended David Lipscomb College and is a graduate of West Virginia University. He is employed as Sawmill Manager by Ames Co.

After a wedding trip to Washington, D.C., and Williamsburg, Va., the couple will reside at Route 4, Parkersburg.

The Parkersburg News

# Society

Section V Page 2

Sunday, April 15, 1984

## Loy — Williams

LuAnn Virginia Williams became the bride of Richard Andrew Loy in a double-ring ceremony held at Faith Baptist Church, Vienna. The Rev. Larry O'Neal officiated the open church wedding.

The bride is the daughter of Mr. and Mrs. Gail Williams of Vienna. The groom is the son of Elva Loy of Vienna.

Pianist was Roberta (Punky) Holbert of Vienna.

Given in marriage by her parents and escorted to the altar by her father, the bride wore a formal white gown with long sleeves and a waist length veil.

The bride carried a bouquet of dark and light blue flowers with blue ribbons.

Maid of honor was Linda Wilson of Parkersburg. Bridesmaids were Michelle Holbert of Vienna, and Amy Ferguson of Elizabeth.

Best man was Ken Spencer of Vienna. Usher was Bob Buchanan Jr. and Keith George, also of Vienna.

Registering guests was Jacqueline Williams, sister of the bride of Vienna.

A reception was held in the church fellowship hall immediately following the ceremony. Those assisting were Linda Wilson, Michelle Holbert and Amy Ferguson.



Mr. and Mrs. Richard Loy

## Carpenter Rion Jr.

Announcement is made of the engagement of Shirley Douthy Carpenter of Parkersburg, and William C. Rion Jr. of Goodlettsville, Tenn.

She is a native of Buena Vista, Va., and was graduated from Berea College in Kentucky. She is employed at DuPont's Washington Works.

A native of Old Hickory, Tenn., he holds degrees from Vanderbilt University and Chrysler Institute of Engineering. He recently retired from the Engineering Service Division of DuPont.

The open church wedding and reception will be held May 5, 2 p.m. at St. Paul Lutheran Church, 3500 Broad St., Parkersburg.

The couple will reside at 2008 Foley Drive, Parkersburg.

### Whoops Scare

The failure of the Washington Public Power Supply System, better known these days as Whoops, to pay its debt service on bonds issued for canceled nuclear power plants has shaken the municipal bond market considerably. As a result, you may be able to pick up other munis at bargain prices now. Robert Adler of Shearson/American Express recommends the following: Spokane Airport Revenue Bonds due in 2000 yielding 9.7 percent, and Oregon Housing Bonds due in 1997 yielding 9 3/8 percent.

## Volunteers Receive Recognition

Camden-Clark Memorial Hospital announces its volunteers who have been honored in March.

Pat Dunbar joined the auxiliary in September of 1983 and has contributed 200 hours, mostly on her regular shift in the admitting office on Thursdays.

Her work experience was as a school teacher. Other volunteer work was as a Boston City Missionary, church activities, the Boy Scouts, and the Red Cross.

Her hobbies include golf, reading, music, and gardening.

She and her husband Robert are the parents of Ann Dunbar of Chapel Hill, N.C., Gwen Hall of Atlanta, Ga.; and John of Tulsa, Okla. They are the grandparents of three.

Sharon and Brenda Armour were in the September 1982 New-Volunteer Class. Sharon became interested in being a volunteer when she was a patient at the hospital. Her mother and sister have also joined. Sharon has worked on the information desk, gift shop, nursing service, offices, school tours, and medical records. She volunteers on a call-in basis. She has 173 hours and enjoys reading, growing plants, and watching football. She is the wife of Robert Armour.

Brenda has worked 85 volunteer hours and will be celebrating her 19th birthday soon. She is a student at Parkersburg Community College and plans on receiving an associate's degree in criminal justice next year. She likes swimming, reading and singing.

Nedra Stuke joined the auxiliary in 1982 and has 100 hours to her credit. She is a regular Thursday morning volunteer in physical therapy and enjoys sewing, tennis, reading, skiing and riding her horse. She and her husband Ken are the parents of Mitch, Dave and Anne.

Cathy Williams joined in 1982 and has worked 380 hours in Medical Records, the admitting office and on the 1983 Camden-Clark Anniversary Year counted cross-stitch picture next to the lobby elevators. Cathy is 21 years old and is employed as a cashier at Foodland. Her present volunteer work consists of embossing cards for chemotherapy patients.



CCMH VOLUNTEERS — Listed as volunteers for the weeks in March are from left, Pat Dunbar,

Sharon and Brenda Armour, and Nedra Stuke. Not pictured is Cathy Williams.

## Hupp McCroskey

Mr. and Mrs. Billy D. Hupp of Route 3, Elizabeth, announce the engagement and approaching marriage of their daughter, Melissa Marie, to Brandon L. McCroskey, son of Mr. and Mrs. Everett D. McCroskey of Walker, W.Va.

She is a 1982 graduate of Wirt County High School.

He is a 1979 graduate of Parkersburg High School and is employed by E.R. Motor Sales, Kanawha, W.Va.

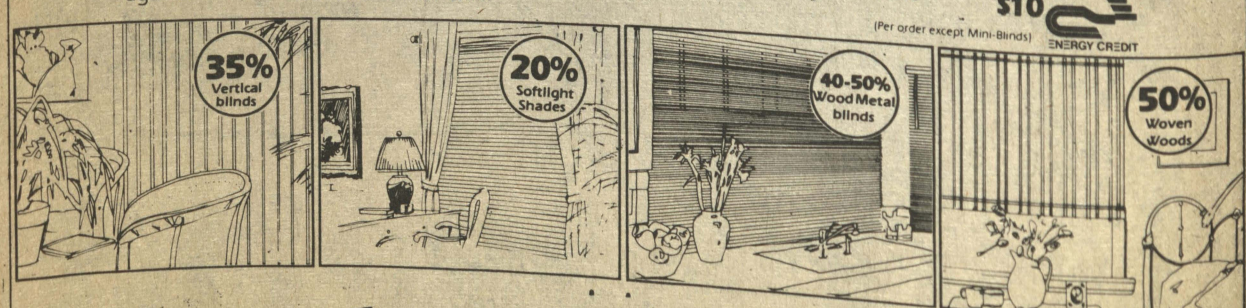
The wedding will be held May 5, 1:30 p.m. at the Camden Avenue Church of Christ, Parkersburg. The custom of open church will be observed.



Melissa M. Hupp  
Brandon L. McCroskey

## WE HAVE OVER 400 WINDOW FASHION STYLES AND COLORS ON SALE NOW

You'll save a bundle on Del Mar Metal Blinds, ... and even more with an additional \$10 Energy Credit on Del Mar Woven Woods, Softlight Shades, Wood Blinds and Vertical Blinds. These custom window fashions are easy on the eye, easy on the fuel bills, too, as they insulate against summer heat and winter chill.



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Parkersburg  
428-3010  
In Front of the Mall

## Photo Tips

In order to publish your wedding photo, *The News* offers these guidelines:

The best photos of the bride or the couple have a neutral contrasting background. Have photographer take one from waist up for newspaper.

Black and white are preferred.



## Montgomery Ward

### The Beauty Salon \$10 off permanent

**\$25** Helene Curtis  
UniPerm, reg. \$35

One Better Perm, reg. \$40, ... sale \$29  
Quantum Perm, reg. \$45, ... sale \$32

Sale perms include haircut, styling. Tinted, bleached, long hair higher.

Advertised prices good through April 28, 1984.

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422-8299



# Davis — Cutlip

Kristy Ann Davis and Jeffrey Cutlip will be united in marriage June 15, 7 p.m. at the North Parkersburg Baptist Church. The Rev. Conrad Lowe will officiate. A reception will follow at the Shrine Hall, Belpre.

She is the daughter of Jim and Karen Davis, 2003 Rockland Ave.,

Belpre. He is the son of Larry and Lois Cutlip of 902 30th St., Parkersburg. She is a senior at Belpre High School and plans to attend college in the fall majoring in fashion design. He is Vice President of Future Designs Construction Inc. and is on the board of directors of SOL-CEM Inc.

## You and Your Stars

By STELLA

### SUNDAY, APRIL 15

Born today, you possess a complex personality that attracts both the idealist and the realist, the devotedly artistic and the absolutely business-like. Your head is often in the clouds toying with what others term "outlandish" notions, but at the same time, your feet are usually firmly set on the ground, so that you are seldom in any read danger of losing track of the truth of any given matter. Your extremely sensitive nature enables you to play both your parts well.

Highly responsive to the moods of others, you never even unwittingly hurt other people's feelings or cause them grief in any way. While others may not always understand you, they never resent you and never misinterpret your interest as interference.

Also born on this date are: Henry James, author, critic; Elizabeth Montgomery, actress.

To see what is in store for you tomorrow, find your birthday and read the corresponding paragraph. Let your birthday star be your daily guide.

### MONDAY, APRIL 16

**ARIES (March 21-April 19)** — Allow your inquiring mind freely to roam today over your past and present, seeking a clue to your future.

**TAURUS (April 20-May 20)** — Be as open-minded as you are open-handed. Truly believe in the causes for which you work, or change charities.

**GEMINI (May 21-June 20)** — Help one willing to help himself. This is a good day to add to your reputation for generosity, concern and compassion.

**CANCER (June 21-July 22)** — Make this a Monday for sweeping clean on the employment scene. Much depends upon your willingness to serve.

**LEO (July 23-Aug. 22)** — You may be misplacing your emotional emphasis. Take a good look at the options before deciding where to put your "all."

**VIRGO (Aug. 23-Sept. 22)** — The morning's perplexing problem becomes the afternoon's satisfying event. Resolve differences with a friend.

## FEW Meeting

Federally Employed Women, Inc. (FEW) will meet April 17, 6:30 p.m. at the Wood County Public Library.

The speaker will be Jerry Traylor, a marathon runner. He will speak at 7 p.m.

Traylor, a marathon runner, considers life an opportunity for adventure and desires to challenge others to make the most of their abilities, instead of taking advantage of their disabilities or handicaps.

Traylor was born prematurely with cerebral palsy. The first 14 years of his life were filled with numerous operations, therapy, and learning to walk. He first became involved with sports as the student manager of his high school athletic team. Not content to sit on the sidelines, he learned to ski at Western State College. He ran his first race in Pueblo, Colo., and has since entered and completed in 265 races.

The public is invited to hear this inspiring young man share his life story and his hopes for the future.

## LOSE WEIGHT EVEN AS YOU SLEEP

### THE 24 HOUR DIET PLAN PACK

Losing weight has never been easier, faster, more healthful, or more certain.

The GNC Research Staff had a difficult assignment...to develop a weight loss program that puts its demands on science rather than human will power. They screened all the most effective plans and aids now known, and combined the best of the best. Although nobody expected a miracle, a lot of people are describing this three-part program as just that.

1. Glucmannan helps you shed an average one-half to one pound a day. Two Glucmannan capsules taken 1/2 hour before meals with an 8 oz. glass of water form a natural high fiber gel that reduces amounts of food you need to feel full, and also provides the bulk your system needs for passing more calories undigested out of the body.

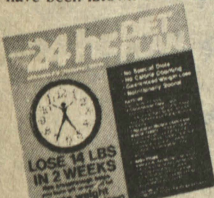
2. Amino FB burns away fat while you sleep. These amino acid tablets taken before bedtime have been known to stimulate the production of

growth hormones which direct your system to burn fat for energy instead of protein or carbohydrates—a reversal of the usual process. This action is continuously effective, even during sleep.

3. Preventron assures healthful nutritional balance. This high potency vitamin and mineral supplement delivers the all important nutritional requirements your body needs to look your best, feel your best and work your best.

Absolute Guarantee We unconditionally guarantee that the 24 Hour Diet Plan Pack will help you lose up to 5 pounds in ten days or your full purchase price will be refunded.

The 24 Hour Diet Plan Pack contains directions and a 2 week supply of products that together make weight control a physical science, not a challenge for your willpower.



Introductory Price  
**\$19.88**  
2 week supply

GNC General Nutrition Centers  
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Please send me The 24 HOUR DIET PLAN as listed below:

PRODUCT	CODE NO.	SIZE	HOW MANY	PRICE	TOTAL
24 HOUR DIET PLAN	552211	2 WKS		\$19.88	
24 HOUR DIET PLAN	552211	4 WKS		\$34.88	
COMPLETE TOTAL	5				

Add state and local tax where applicable  
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2 LOCATIONS  
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Kristy Ann Davis

**Teri Ann's**  
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Free arm stretch stitch with 5 built-in stitches. Built-in buttonholer, auto reverse and more.  
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Answer to Sunday Crossword Puzzle No. 100 published today.

CASK	SCREW	WASTE	SPED
ONER	PLATO	OILED	TAPE
OTEA	TONT	OREAD	ETON
PANIC	SCAD	DYES	CREST
TOPEE	CHA	PERON	
REB	SOT	SHONE	LAC
ERRATA	COUNTRY	WOODEN	
SAURA	FARCE	GAR	AWARE
ETNA	BALAK	HOMER	ENOL
WOODCOCKS	RUT	WOODOWL	
OLAS	TIN	CRAW	
CAMWOOD	DOG	WOODNYMPH	
HSIA	SEDER	WAITS	SARA
ETANA	SUN	TOILE	MERES
WOODED	DEWOOLS	PUREST	
SRS	GEL	BONDS	VIS
FINAL	OYL	TEPID	
MOLAR	HURD	OPUS	CORAL
ARAB	COLIC	UINITA	ZERO
PALL	URUBU	STEEL	ENID
SLOE	BESET	EASEL	NODE

Answer to Sunday, Apr. 15 Cryptquip:

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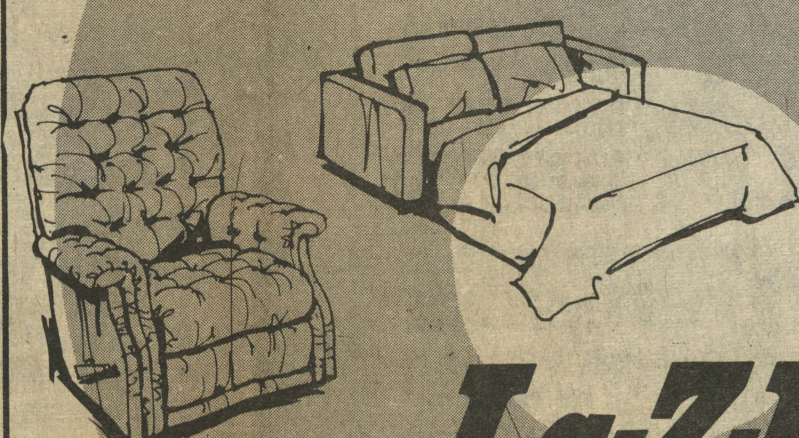
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# Countertop Cookery

Combination dishes are a blessing for the busy cook. These include dishes that combine more than one food group. For example, a casserole may include a serving from the meat group, a serving from the vegetable group and a bread/cereal serving, such as pasta or rice. Not only will this type of dish provide all the basics of a nutritious meal, but it is also time-saving.

Also, certain pieces of kitchen equipment can be real assets when preparing combination recipes. One such appliance is the blender. It can be used to blend into bread crumbs, grating hard cheese, pureeing vegetables and fruits and combining homemade sauces.

"Stuffed Cornish Hens" make an elegant combination meal. The hens satisfy the meat requirement while the blender-made stuffing provides servings from the vegetable, fruit and bread group. By adding the blender-made "Cumberland Sauce" and "Special Spinach Salad" you can make a great company meal that's quick to prepare.

## STUFFING CORNISH HENS

6 slices dry bread  
1/2 small onion  
2 stalks celery, sliced  
1/4 cup butter or margarine  
2 medium oranges  
1/2 teaspoon poultry seasoning  
1/2 teaspoon salt  
Dash pepper  
Four 1-pound ready-to-cook Cornish game hens  
Butter or margarine, melted

Break bread into blender container; blend to make coarse crumbs. Transfer to large bowl. Put onion and celery in blender; add cold water to cover. Blend till coarsely chopped. Drain. Cook vegetables in the 1/4 cup butter till tender but not brown.

Peel oranges, reserving 1-inch square piece of orange peel. Quarter oranges, removing seeds; add orange pieces to blender with peel, poultry seasoning, 1/2 teaspoon salt and pepper. Blend till orange is coarsely chopped.

Toss celery, onion and orange mixture with crumbs. Season hens inside and out with salt. Lightly stuff birds; place breast side up, on rack in shallow pan. Brush with butter. Roast, covered, at 400 degrees for 30 minutes. Uncover; roast till drumstick moves easily, about 1 hour. Brush birds with melted butter during the last 15 minutes. Serves 4.

## CUMBERLAND SAUCE

One 1-inch square piece orange peel  
3/4 cup orange juice  
1/2 cup currant jelly  
2 tablespoons claret  
1/4 teaspoon ground ginger  
4 teaspoons cornstarch  
1 tablespoon lemon juice

Put all ingredients in blender container. Blend till

ingredients are combined and orange peel is finely chopped. Pour into saucepan; cook and stir till mixture is thickened and bubbly. Cook 1 to 2 minutes longer. Serve sauce hot or cold with meat or poultry. Makes 1 1/2 cups.

## SPECIAL SPINACH SALAD

4 ounces sharp natural Cheddar cheese, cut in cubes (1 cup)

1/2 cup salad oil  
1/3 cup wine vinegar  
3 hard-cooked eggs, quartered  
2 green onions, sliced  
1 teaspoon sugar

1/2 teaspoon salt  
1/4 teaspoon pepper  
8 cups torn fresh spinach or escarole  
2 slices bacon, crisp-cooked and crumbled

Put cheese in blender container; blend till coarsely chopped. Remove and set aside. Put salad oil, wine vinegar, eggs, green onion, sugar, garlic salt, salt and pepper in blender container; blend till egg and onion are chopped. Stir egg mixture and chopped cheese together; chill. Toss dressing with spin-

ach; top with bacon. Makes 6 servings.

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Free delivery in Parkersburg, Vienna, Belpre, and Marietta for all wedding cakes of \$50 or more. No rental charge for accessories. For an appointment to discuss your wedding plans, call 428-2200 and ask for May Meeks.

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## EASTER PARADE OF FLOWERS

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Whatever your Easter flower needs, we at Vienna Florist have a beautiful Easter Parade of flowers just for you. Perhaps you will want to send Teleflora's new Egg Planter Bouquet—spring fresh flowers filling a white ceramic egg planter keep-sake featuring hand-painted accents. Or charm someone with the adorable Birdhouse Bouquet from Teleflora. It's a real, all-wood keep-sake Birdhouse, silk-screened with an original pastel design. A fresh spring bouquet bursts through the rooftop! Say Happy Easter to someone with our F.T.D. Easter Basket Bouquet or the Bunny Bird Vase. Both are delightful arrays of fresh, colorful flowers sure to brighten anyone's holiday. And the nice thing about it—we can send these members of our Easter Parade almost anywhere.

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